

## COUNSELLING



### Community Mental Health Services

1011 Elgin Street West, Suite 200,  
Cobourg

Office T: 905-377-9891  
Toll Free: 1-888-294-7579 (office)

**WALK-IN COUNSELLING: 905-377-7784**

**Tuesday 8am-4pm &  
Thursday 10am-6pm**



### Community Counselling & Resource Centre (Northumberland Location)

Sliding fee scale to adults 18+.  
No one turned away with inability to pay

Call: **705-743-2272, ext. 308**  
1-800-274-1611

### CHCN Counselling Team

Available to clients registered with the  
CHCN and by self-referral to residents  
of the Northumberland Community –  
**Contact 905-885-2626 ext. 212**

**Ontario Structured Psychotherapy (OSP)**  
 **BounceBack®**  
reclaim your health  
<https://bouncebackontario.ca/refer-clients/osp-ontario-shores/>

**Ontario Psychological Association**  
(find a psychologist) 416-961-5552  
**Psychology Today** (find a therapist)  
[www.psychologytoday.com](http://www.psychologytoday.com)

## CRISIS



### Suicide Crisis Helpline

**CALL or TEXT**

Crisis Intervention Services available  
to individuals across Canada **24/7**.

Local through **CMHA HKPR**

### M-HEART: Mental Health Engagement and Response Team

*Officers from Local Police Services & Mental  
Health Nurse or Social Worker respond to  
mental health crisis in the community.*

Call **911** dispatch - state that there is  
a mental health emergency.

### Kids Help Phone

Call: **1-800-668-6868**  
Text: **CONNECT** to 686868

### Good2Talk

24/7 Post-Secondary Student  
Support. Peer-to-Peer



Call **1-866-925-5454**  
Text **GOOD2TALKON** to 686868

### Hope for Wellness Helpline (24/7)

For all Indigenous peoples across  
Canada.  
Call: **1-855-242-3310**  
Website: <https://www.hopeforwellness.ca/>

*\*Separate Handout Available with Crisis /  
Support Lines*

## ONLINE



### Safe Online Community

Connect with others experiencing similar  
feelings. Access to Professionals 24/7.

<https://togetherall.com/en-ca/>

### Mental Health Apps:

- **Mindshift CBT**- anxiety
- **Moodfit, MoodMission**
- **Calm** – mindfulness meditation
- **Breath2Relax** - mindfulness
- **Healthy Minds app** – mindfulness
- **Headspace**- meditations
- **Happify**- emotional wellbeing
- **Mood Path**- questions, exercises

### MyGrief.ca <https://www.mygrief.ca/>

Confidential, Free. Online modules to  
understand an move through grief

### Anxiety Canada [www.anxietycanada.com](http://www.anxietycanada.com)

**Hope + Me** <https://hopeandme.org/>

**Canadian Mental Health Association**  
<https://cmha.ca/>

**CAMH Online Courses:**  
<https://moodle8.camhx.ca/moodle/>

**H.O.P.E. Learning Centre (CMHA)**  
<https://cmhahkpr.ca/h-o-p-e-learning-centre/>

**Schizophrenia Society of Canada (SCC)**  
<https://schizophrenia.ca/>

### Institute for Advancements In Mental Health

Support line: **1-855-449-9949**

Email: [support@iamentalhealth.ca](mailto:support@iamentalhealth.ca)  
Website: <https://www.iamentalhealth.ca/>

*Topics for counselling- psychosis, persistent  
mental illness, addiction, housing, employment  
& ODSP issues, crisis planning, coping &  
support, advocacy, system navigation*

## GROUPS



### CMHA Northumberland GROUPS

<https://cmhahkpr.ca/programs-services/groups/>

Family Support Groups- **Journeying  
Together** – for caregivers of individuals  
with mental health concerns.

Direct: 289-251-4756  
Office: 905-377-9891 extension 201

For other Northumberland, Peterborough,  
Kawartha Lakes Groups, visit: [https://  
cmhahkpr.ca/programs/groups/](https://cmhahkpr.ca/programs/groups/)

### NHH Community Mental Health

Self-referral to groups through  
walk in counselling phone line.

T: **905-377-7784**

### TELL Talks—Teaching and Education Learned Through Living.

*Peer Programming open to everyone looking  
to work on an aspect of Mental Wellness .*

To register, contact Alex at  
**T: 905-377-9891 ext 213**  
or [amcphee@nhh.ca](mailto:amcphee@nhh.ca)



See website for Program Calendar  
<https://chcnorthumberland.ca/events/>

- Community Workshops
- Diabetes Workshops
- Exercise Workshops

### ED'S HOUSE. Grief & Bereavement.

Contact Us to Register for a Grief Group:  
Allison Greer: [a.greer@commcare.ca](mailto:a.greer@commcare.ca) or  
Phone: 365-400-7580 / 1-855-473-8875

*\*Specific Groups are subject to change.  
Please refer to program calendars*

## Hospital-Based Programs

### Northumberland Hills Hospital Mental Health Programs



**Website:**

<https://nhh.ca/Patients/PatientCareServices/OutpatientCare/CommunityMentalHealth>

**T:** (905) 372-6811

- **Early Psychosis Intervention Program (Lynx)** – For first episode of psychosis, or newly managing psychosis. Ages 14-35yo
- **Crisis Intervention Service** – through ER visits, 72hr short stay beds available at NHH
- **Northumberland County Assertive Community Treatment (ACT) Team** – serving those with severe mental illness with complex needs in the community.
- **Supportive Housing Services** – Northumberland. Mental Health Support side of CMHA housing; Homelessness Case Management; Hoarding Support Program
- **Psychiatric Consultation**
- **Intensive Case Management Services**
- **Peer Support Programs**
- **Partner Assault Response Program**

Previously listed/described:

- **Rapid Assessment Addiction Medicine Clinic (RAAM Clinic)**
- **M-HEART**
- **Walk-in counselling**
- **GROUPS**
- **Peer Support**

### Peterborough Regional Hospital Centre



**Website:**

<https://www.prhc.on.ca/healthcare-services/mental-health-addictions/>

**T:** (705) 743-2121

Referral needed

- **Adult Outpatient Program** (18+)
- **Community Treatment Order Program** (*see NHH ACT for Northumberland*)
- **Eating Disorder Clinic** (all ages)
- **Family & Youth Clinic** (age 18 & under)
- **Geriatric Assessment & Treatment Unit / Behavioural Unit** (dementia & challenging behaviours)
- **Mental Health Inpatient Program**
- **Psychiatric Assessment Services for the Elderly (PASE)**

No referral needed (can self-refer):

- **Psychosis Assessment & Treatment Clinic (PATC)** – 18+ with schizophrenia or psychosis disorders in Haliburton, Northumberland & Peterborough Counties and the City of Kawartha Lakes. Referrals can be made directly by the person needing assistance, community agencies, physicians and family members.
- **Rapid Assessment Addiction Medicine Clinic (RAAM Clinic)**
- **TALK NOW** a Mental Health and Addictions Clinic  
Call 705-876-5826 to be connected with a mental health professional

### Ontario Shores Centre for Mental Health Sciences



**Website:**

<https://www.ontarioshores.ca/accessing-care/browse-all-programs-and-services>

**T:** (905) 430-4055

Referral needed

- **Adolescent Day Treatment**
- **Adolescent Eating Disorder Day Treatment / Inpatient Unit** (12-17yo)
- **Dual Diagnosis Service & Outreach**
- **Brain Stimulation Clinic** (ECT/RTMS)
- **Outpatient Complex Anxiety & Mood Disorder and Consultation Service**
- **Forensic Assessment and Rehabilitation Unit; Transitional Unit / Outpatient**
- **Geriatric Dementia Unit** (65+) / **Transitional Unit**
- **LTC Outreach Team**
- **Women's Acute Stabilization Unit** (female inmates)
- **Prompt Care Clinic**
- **Outpatient Complex General Psychiatry & Consultation**
- **Traumatic Stress Clinic**

Self-referral options:

**Ontario Structured Psychotherapy Program** (15+)  
\*BOUNCE BACK ONTARIO  
**First Responder Assist**  
**Vocational Rehabilitation Services**  
**Health Care Worker Assist Program**

### Campbellford & District Community Mental Health Centre



**Website:** <https://cmh.ca/programs-services-clinics/campbellford-district-community-mental-health-centre>

**T:** 705-653-1140

Outpatient mental health program or ages 16+

Individual and Group Treatment, Early Psychosis Intervention (Lynx), Mental Health Court Support and Diversion, Crisis Intervention, Case Management, Counselling, Psychiatric Consultation

## ADDICTION MEDICINE

### RAAM Clinic

(Rapid Access Addiction Medicine)  
Through NHH Community Mental Health



1011 Elgin Street West, 2<sup>nd</sup> Floor, Cobourg, ON

**Tuesdays and Thursdays: 12:30 – 2:30pm**

T: 905-377-9891 \*Call to book \*Self-referrals welcome

RAAM provides a safe space where you can get help from a physician, nurse, and addiction counsellor and offers fast access to medication assisted therapy for both alcohol and opioid use disorders.

### PINEWOOD Addiction Services

Nearest detox beds. Call **905-721-4747** with inquiries



**the Road Ahead**  
MOBILE WELLNESS CLINIC

The clinic operates out of two vehicles that travel throughout the City of Kawartha Lakes, Haliburton, Peterborough and Northumberland Counties, providing:

- Counselling and therapy
- Support with addictions and substance use
- Health and mental health education
- Medication support
- Access to other supports including psychiatry

**Phone:** 705-991-3551 **Toll Free:** 1-888-357-1294

**Email:** tra@cmhahkpr.ca

### Canadian Drug Rehab:

#### Addiction Services Directory

**Website:** <https://www.canadadrugrehab.ca/>

**Help Line:** 1-888-245-6887

Free online directory of alcohol & drug rehab programs and other addiction-related services in Canada.

**Online Search Tool: Drug Rehab**

<https://www.drugrehab.ca/directory.html>

**UP TURN**

### YMCA Northumberland

Free access to YMCA Northumberland by referral from your support team.

Info & Referral: <https://ymcanrt.org/activities/upturn/>

## COUNSELLING/GROUPS



1011 Elgin Street West, 2nd Floor Cobourg

T: **905-377-9111** or **1-800-461-1909**

F: **905-377-9392**

E: [fourcast@fourcast.ca](mailto:fourcast@fourcast.ca)

\*Support with substance use or gambling

\*Counselling, Groups, Referrals

### GREEN WOOD COALITION

Port Hope: 4 Centennial Drive  
Cobourg: 20 King Street East

T: 905-885-8700

E: [greenwoodcoalition@gmail.com](mailto:greenwoodcoalition@gmail.com)

W: <https://www.greenwoodcoalition.com/our-work>

Harm Reduction

Redpath recovery program

Wrap Around

Art Hive, Community Garden

Community Learning, Story Telling, Events



### Alcoholics Anonymous / Narcotics Anonymous / SMART Recovery Find a Meeting or Group

AA: <https://quintewestaa.org/>

Call 1-855-907-0007

NA: <https://www.orscna.org/meetings>

SMART Recovery: <https://www.smartrecovery.org/>



**ConnexOntario 1-866-531-2600**

Discover Mental Health, Addiction and Problem Gambling Services

Free and confidential health services information for people experiencing problems with alcohol and drugs, mental health and/or gambling. **24/7**

## HARM REDUCTION



**Phone:** 705-749-9110 **Toll-free:** 1-800-361-2895

**Email:** [info@parn.ca](mailto:info@parn.ca) **Website:** <https://parn.ca/>

**Harm Reduction Outreach:** Call/Text 705-559-0272 (Mon/Thur/Fri)

Support and health promotion for people who are living with, affected by, or at-risk for HIV in the four counties; Education and Equipment for people at risk for HIV, hepatitis C and other sexually transmitted and blood-borne infections; outreach and programming for (LGBTQ 2S+) youth and women who are living with, affected by, or at-risk for HIV; community capacity building projects and workshops; and awareness to the community.

### Harm Reduction supplies:

**Greenwood Coalition** 18 Ontario St, Port Hope  
Tues 12– 5pm / Wed 2– 5pm / Thurs 10am-12pm

\*Outreach text/call: 905-269-0693

**Community Health Centres of Northumberland** (ask for kits at reception) 99 Toronto Rd, Port Hope  
Mon-Fri (8am-4pm)

\*Hep C testing on the 3<sup>rd</sup> Thursday of each month with Durham CHC Outreach team (9:30am-12pm)

**Downey Pharmacy** 3 King St E, Colborne  
Mon-Fri (9am – 9pm)  
Sat (9am – 7pm) / Sun (10am – 5pm)

**HKPR Health Unit** 200 Rose Glen Rd, Port Hope  
Monday-Friday (8:30am – 4:30pm)

**OATC Port Hope** 141 Toronto Road, Port Hope (Pineview Plaza)  
Mon-Fri (7am-2pm), Sat-Sun (9am-12pm)

### National Overdose Response Service:

**1-888-688-6677** \*24/7 safer consumption hotline

Overdose prevention hotline for Canadians providing loving, confidential, nonjudgmental support for you, whenever and wherever you use drugs

### HKPR Opioid Overdose Report

Provides up-to-date information regarding opioid overdoses and deaths in the County of Haliburton, the City of Kawartha Lakes, and Northumberland County. Anonymously provide local opioid-related information.

<https://www.hkpr.on.ca/inspections-data-and-reports/public-health-data/opioid-overdose-report>



## Support for Families (who have family members who use substances or live with a mental illness)



A local option offering various programs relating to substance use and gambling. There are family support programs (accessible to families whether or not the individual is actively in programming at Fourcast)

Options include:

- Family Information Sessions
- Family Education Programs
- Family Support Groups

LINK: <http://www.fourcast.ca/programs-and-services/counselling-individual-group/>

General Contact: **1-800-461-1909**

**Cobourg Site:** 1011 Elgin St W, 2<sup>nd</sup> Floor  
Phone: 905-377-9111  
Fax: 905-377-9392  
Email: [fourcast@fourcast.ca](mailto:fourcast@fourcast.ca)

### Al-Anon & Nar-Anon & SMART Recovery



AA, NA, and SMART Recovery have meetings for families and friends who feel their lives have been or are being affected by alcoholism or substance use in a family member or friend.

- **Al-Anon Family Groups** – Groups available in Cobourg.  
LINK: <https://al-anon.alateen.on.ca/meetings/?tsml-day=any&tsml-region=cobourg>
- **Nar-Anon Family Groups of Ontario** – In-person (closest is Oshawa) & virtual options  
LINK: <https://naranonontario.com/>
- **SMART Recovery:** SMART Recovery meetings are free self-empowering mutual support group meetings focused on addictive behaviors, organized and facilitated by trained volunteers.  
LINK: <https://meetings.smartrecovery.org/meetings/>

### CMHA HKPR – Journeying Together

This program is designed for people caring for individuals aged 16 and up who are experiencing mental health concerns. Support is available in the following formats:

- On-going Monthly Caregiver Support Group
- Educational Group
- One-to-One Skills and Capacity Building Support with a Family Education Support Worker



**Northumberland Contact:** Phone: 905-377-9891 ext. 201 1011 Elgin Street West Suite 200, Cobourg

**Brochure:** <https://cmhahkpr.ca/wp-content/uploads/2018/03/Journeying-Together-2018.pdf>

**Website:** <https://cmhahkpr.ca/programs/journeying-together-program/>

**Northumberland Intake Form:** <https://cmhahkpr.ca/programs-and-services/journeying-together-intake-northumberland/>

### Concurrent Disorders Family Night

Monthly support group for family and friends of those experiencing mental illness and addiction problems, concurrently. Through St. Joseph's Capacity Building Team – VIRTUAL  
Last Wednesday of Every Month 6:30-8:30pm

**Website/Resources:**

<https://www.cdcapacitybuilding.com/family-resources>

**Zoom Link:**

<https://www.cdcapacitybuilding.com/online-group-link>

**Capacity Building Team:**  
905-522-1155 Ext. 39343

### Families for Addiction Recovery: FAR Canada – A Canadian Registered charity in Scarborough **\*For Parents\***

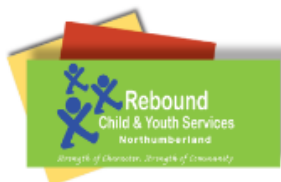
- **Online Parent Support Groups:** A safe virtual space where those concerned about a loved-one's substance use can discuss practical strategies, find support, and share resources and information. Participation in the Groups is free and no registration is required.
  - Visit: <https://www.farcanada.org/family-support/we-can-help/parent-support-group/>
  - Meeting Schedule - click on month to see date/time of meeting and click blue date/time to join online
  - For more information about FAR's Online Parent Support Groups, call Sophy: **1-855-377-6677** ext 204
- **Parent-to-Parent Support**
  - The Parent-To-Parent (P2P) program provides support for parents whose children (regardless of age) are struggling with addiction. Free & Confidential. 8 conversations of up to one hour, over a two month period.
  - Registration form: <https://www.farcanada.org/family-support/we-can-help/parent-parent-support/>
- **Free Phone Support Line** (855) 377-6677 Ext. 207 (Mon-Fri: Noon – 3:00pm, plus Wednesday 7:00pm – 9:00pm)

**Ontario Shores: Family Resource Centre:** <https://www.ontarioshores.ca/family-resource-centre>  
**Family Services - camh** <https://www.camh.ca/en/your-care/programs-and-services/family-service>



# Children, Youth, Families

## Counselling & Programming



### Rebound Child & Youth Services Northumberland

700 D'Arcy St. N., Unit 20, Cobourg

Call: **905-372-0007** or **1-877-688-0007**

Website: [www.rcys.ca](http://www.rcys.ca)

#### Mental Health Services

- Walk-in Counselling (through NHH Community Mental Health for ages 7+)
- Group Programming (ie. Emotional self-regulation, self-esteem, On-TRAC, CHOICES)
- Collaborative 14 & Under Intervention Program

#### Youth Justice Services

- Youth Justice Diversion, Court Worker

#### Child & Youth Services

- Trusteeship, Literacy & Learning, Guitar lessons, Groups

#### Family Wellness Hub

- Triple P (Positive Parenting Program)
- Family Check-Up
- Family Connections
- Caregiver support (FASD)

#### EarlyON Child and Family Centres

Free programs & services for children (age 0-6), parents/caregivers. See contacts and Locations! <https://www.northumberland.ca/en/living-here/child-and-family-centres-earlyon.aspx>

#### Regesh Family & Child Services

\*149 Willowdale Ave, Toronto, Virtual Options

\*Fee for Service, at lower cost. Short Wait Times

T: **416-495-8832**

E: [info@regesh.com](mailto:info@regesh.com)



**Central Intake:** 1-888-454-6275

Cobourg Location: 20 Strathy Road, Unit 3 <https://www.kinark.on.ca/>

- Community-Based Child and Youth Mental Health
  - Counselling, family/caregiver capacity building, specialized consults, crisis supports, intensive treatments
- Kinark Autism Services
- Forensic Mental Health
- Kinark Outdoor Centre
- Supervised Access Service

### WrapAround Northumberland

1005 Burnham Street Cobourg, ON

Call: **(905) 372-2322** or **1-866-704-5534**

Email: [wraparound@wraparoundnorthumberland.ca](mailto:wraparound@wraparoundnorthumberland.ca)

Website: <http://www.wraparoundnorthumberland.ca/>



*Approach to helping families & children with complex needs find solutions & have a better life*



**NORTHUMBERLAND  
CHILD DEVELOPMENT CENTRE**

To refer your child or for more information **CALL:** 905-885-8137

**EMAIL:** [info@ncdcent.com](mailto:info@ncdcent.com)

- Infant and Child Development Program
- Play Therapy and Counselling
- Speech & Language Therapy
- Pediatric Therapy
- Autism Program



**Five Counties  
CHILDREN'S CENTRE**

800 Division Street, Unit 2 Cobourg, ON

Phone: 905-377-0192 / 1-888-779-9916

Email: [info@fivecounties.on.ca](mailto:info@fivecounties.on.ca)

Provides therapy services that assist children who are delayed in their development to develop the skills they need in everyday life such as walking, talking, and activities of daily living.

**HKPR Health Unit:** Healthy Families Information & Support Line: **1-866-888-4577 ext. 5003** \*Self-referrals to Programs

## Crisis Supports

### Kids Help Phone

**Call:** 1-800-668-6868

**Text:** CONNECT to 686868

### Youth Crisis Response Program

*Children and youth, up to age 18, who are feeling sad, suicidal, thinking of self-harm, violent/ destructive behaviours*

Call: **1-800-551-0403**

Mon-Fri: 9am-5pm (through Kinark)

### PRCH (Peterborough Hospital)

#### Family & Youth Clinic

\*\*\*Referral needed. Outpatient

### TALK NOW

Phone line **1-705-876-5826**

Mon-Fri 8:30-3:30pm

### Child and Adolescent Psychiatric Unit (CAPU) at PRHC through ER.

*Short-term in-hospital stay for assessment/ treatment of severe mental illness (age 17 and under)*



**62 Swayne Street Cobourg ON**

Call: **289-252-1828** Website: <https://northumberland.bigbrothersbigsisters.ca/>

- **One-to-One Big & Little Mentoring; Virtual Mentoring**
- **Group Programming** (Go Girls, PowerPlay, Little Studio, etc)

# Seniors

## Financial Assistance



### Senior Services Help Program

1005 Elgin St W, Suite 301, Cobourg ON

Call: **905-372-2646**

[www.thehelpandlegalcentre.ca](http://www.thehelpandlegalcentre.ca)

Helps connect lower-income seniors (50 years+) to the services in the community relating to wellness and improving quality of life.

- accessing resources and other community services
- planning meals and grocery shopping
- attending appointments and meetings with the senior as needed
- assistance with forms, pensions, finances and benefits
- helping the senior downsize their living arrangements
- budgeting

## Isolation



**Toll-free: 1 (855) 892-9992**

7 days a week, 8am-10pm

A free, confidential "warm line" for older Ontarians, 55+ who just want to chat with a friendly person who cares, without expectations or judgment. Whether you're struggling with loneliness or simply looking to stay socially healthy and add some connection to your routine, we offer an empathetic ear and good conversation



Ask the CHCN staff member you're connected to about **SOCIAL PRESCRIBING**

Check out our program calendar:

<https://chcnorthumberland.ca/programs/community-programs/>

## Caregiver Support



**Ontario Caregiver Helpline:**

**1-833-416-2273**

Live chat also available at:

<https://ontariocaregiver.ca/>

Provides caregivers with a one-stop resource for information and support.



**CHCN Caregiver Support Group**

905-885-2626 ext. 280

[workshops@porthopechc.ca](mailto:workshops@porthopechc.ca)

Meets on the first and third Friday, every month



**Caregiving Strategies**

Collection of educational resources caregivers who provide care & support for seniors experiencing frailty. **WEBSITE:** <https://geriatricsontario.ca/caregiving-strategies/>

## Support/Crisis Lines



**Call: 1-866-299-1011**

Provided by Elder Abuse Ontario, the Seniors Safety Line provides contact and referral information for local agencies across the province that can assist in cases of elder abuse.

**Northumberland Community Paramedicine**



Non-emergency service that can perform in-home medical and social health visits. Speak with your care provider or self-refer online.

**Self/ Family Referral:** <https://launch.caredove.com/service/eventspage/26025>

**Inquiry Phone: 1 (833) 718-1942**



**Ontario Health atHome**

Coordinating local home and community care, long-term care placement and help finding services in the community

**T: 1-800-263-3877**

<https://ontariohealthathome.ca/region/central-east/>

**Alzheimer Society**

**Peterborough Kawartha Lakes Northumberland & Haliburton**

**Website:** <https://alzheimer.ca/pklnh/>

Contact: **1-800-561-2588** or **705-748-5131 ext. 235** (Casey—intake, First Link)

**Seniors Active Living Centres (55+)**

**Cobourg and District Seniors Centre** – Call: **905-372-7371**

Cobourg Community Centre (750 D'Arcy St Cobourg)

**Ruth Clarke Activity Centre for Seniors** – Call: **905-885-7908**

Town Park Recreation Centre (62 McCaul Street, Port Hope).

**Bowmanville Older Adults Association** – Call: **(905) 697-2856**

26 Beech Avenue, Bowmanville



**Community Care**  
NORTHUMBERLAND

**Program info & General inquiries:** 1-866-514-5774 admin@commcare.ca

**Specialized Transportation:** 1-866-768-7778 / 705-653-1020 ride@commcare.ca

**Meals on Wheels:** <https://commcare.ca/meals-on-wheels/>

Nutrition, Transportation Services, Wellness Services (ie friendly visiting, exercise classes, personal distress alarms lending program), In-home services (ie. home help, help with discharge from hospital), Hospice services

**WrapAround for Older Adults:** <https://commcare.ca/wraparound/>

**COBOURG:**

1158 Division Street,  
[cobourg@commcare.ca](mailto:cobourg@commcare.ca)

# Emergency Shelters / Housing Info



40 Swayne Street Cobourg, ON

24-Hour Support Line: 905-372-0746  
1-800-263-3757  
\*TEXT: 289-210-4774 (12-8pm)

WebChat:  
<http://cornerstonenorthumberland.ca/connect>

Community Services: 905.372.1545  
Fax: 905.373.4800

<https://cornerstonenorthumberland.ca/>



<https://sheltersafe.ca/ontario/>  
Search for a shelter based on location or name

## PETERBOROUGH:

Crossroads Shelter (women & children): 216 Simcoe St. 1-800-461-7656  
Cameron House (women 18+): 738 Chemong Rd. Peterborough 705-748-4766 ext 2  
Brock Mission (men 18+): 217 Murray St 705-748-4766 ext 1  
YES Shelter (Youth 16-24 & Families): 196 Brock St 705-748-3851  
Trinity Community Centre (overnight program): 360 Reid St. \*Through One City until April



## Transition House

Building Strong Foundations

10 Chapel Street, Cobourg

Short-term Emergency Housing, 18+

Phone: 905-376-9562  
Email: [Info@thshelter.ca](mailto:Info@thshelter.ca)  
Website: <https://thshelter.ca/>

## Safe Beds – CMHA HKPR

A short-term stay is available to all genders 16 years of age and older.

Self-refer by calling 4 County Crisis  
at **705-745-6484**

Community services and partners can  
refer clients with online form:  
<https://cmhahkpr.ca/programs/safe-beds/>



NHH

## HOMELESSNESS RESOURCE DROP IN

COMMUNITY MENTAL HEALTH SERVICES

1011 Elgin Street W. Suite 200, Cobourg, Ontario K9A 5J4  
Phone: 905-377-9891 Fax: 905-377-9895

### NOTICE

Homelessness Resource Drop In will offer a limited number of in-person appointments for individuals who are currently experiencing homelessness or are precariously housed. This could include food support, referrals to other resources, a safe space to hydrate and connect, or specific housing questions or supports.

### WEEKLY

#### CAMPBELLFORD

**Tuesday** (Campbellford and District Community Mental Health – 146 Oliver Road RR2 – Campbellford) from 10am to 11am  
(beginning October 4<sup>th</sup> 2023)

### BI-WEEKLY

#### COBOURG

**Monday** (Community Mental Health Office – Cobourg) from 1pm to 3pm (beginning June 24<sup>th</sup>, 2024)

**Wednesday** (Transition House – 10 Chapel St Cobourg) from 9am to 11am (beginning June 26<sup>th</sup>, 2024)

### PORT HOPE

**Wednesday** (The Emmaus Café - St. John's Anglican Church 33 Pine St N, Port Hope) from 10am to 12pm  
(beginning June 19<sup>th</sup>, 2024)

### MONTHLY

#### BRIGHTON

**1<sup>st</sup> Thursday of every month** (Trinity St. Andrews United Church – 56 Prince Edward St, Brighton) from 9am-11am

**For Individuals (18 years and older) interested**

If you have questions, please drop in, or call our Homelessness Case Management team at:

**905-377-9891 ext 226**

**Housing Help**  
NORTHUMBERLAND

<https://housinghelp.northumberland.ca/en/housing-help/index.aspx>

### Links/Information included for:

- Housing supports (temporary shelter, income support, tenant resources, landlord resources)
- Related resources: Addictions, food support, health & wellness, income assistance, legal help



**Community Outreach Program** Call: **905-372-6846**

Website: <https://www.northumberland.ca/en/living-here/housing-and-shelter.aspx>

\*Financial Assistance, Subsidized Housing Application, Help with accessing basic necessities, transportation, food security, etc.



**The Help Centre** Call: **905-372-2646**

Housing Support Worker: <https://thehelpandlegalcentre.ca/help/intensive-housing-program/>

Rental Listings: [https://thehelpandlegalcentre.ca/help/sdm\\_downloads/housing-listing/](https://thehelpandlegalcentre.ca/help/sdm_downloads/housing-listing/)

Rent Smart: <https://thehelpandlegalcentre.ca/help/rentsmart/>



## Intimate Partner Violence & Sexual Assault Services



40 Swayne Street Cobourg, ON

<https://cornerstonenorthumberland.ca/>

24-Hour Support Line: 905-372-0746

1-800-263-3757

\*TEXT: 289-210-4774 (6am-6pm)

Community Services: 905.372.1545



### Women's Drop-in: Mondays 9am-12pm

40 Swayne St. Cobourg (Cornerstone)

Drop-in service for female identifying persons throughout the County who may be living with violence and abuse, to access information, services, and referrals (previously Thrive Hub – Cornerstone continues to provide services / referrals)

- Family court information
- Crisis and supportive counseling
- Connections to mental health and addictions support
- Links to shelters
- Safety assessment and risk management strategies
- Primary health care
- Partner assault response program
- Child service witness program
- Ontario Works income and employment support
- Social housing; Shelter information
- Ontario Electricity Support Program
- Children's Aid support/advice
- Harm reduction supplies; HIV and Hepatitis C prevention, education, and treatment support
- Personal action plan and community referrals

### Victim Services Peterborough Northumberland

<https://victimservicespn.ca/>



TOLL FREE: 1-888-822-7729

EMAIL: [support@vspn.ca](mailto:support@vspn.ca)

OFFICE HOURS: Mon to Fri: 8:30am – 4:30pm

Free, confidential community-based service that provides immediate emotional and practical support to victims of crime and tragedy. Aimed at early intervention.

Victim Crisis Response Program; Victim Quick Response Program (immediate emergency expenses, short term counselling, etc); Emergency Cell Phone Program; Safety Planning

### Victim/ Witness Assistance Program (VWAP)

Cobourg: (905) 373-4023

860 William St, Suite 205, Cobourg

Provides info and assistance to support participation in the criminal court process. Services begin once charges are laid and continue until the court case is over

**Offers:** Case-specific information, Court preparation, Needs assessment, Emotional support, Crisis intervention, Referrals to community agencies, Vulnerable Victims and Family Fund



### Assaulted Women's Helpline:

**1-866-863-0511 or text #SAFE (#7233)**

on your Bell, Rogers, Fido, Telus Mobile  
24-hr crisis line for all women in Ontario who have experienced any form of abuse.

### Victim Support Line: 24/7

**Toll-free: 1-888-579-2888**

*Multilingual telephone service that provides information for victims of crime about services available throughout Ontario*



150 King Street, 3rd Floor, Peterborough

**24 HOUR CRISIS SUPPORT LINE**

**1-705-741-0260**

Office Line: **705-748-5901**

(Mon-Fri 9:30am -4:30pm)

- Group & Individual Counselling
- Advocacy Support (ie. discuss reporting options/assistance, attending court dates)
- External referrals

### PRHC: Sexual Assault and Domestic Violence Program

Team of specially trained nurses are available 24 hours a day through the ER at Peterborough Hospital for anyone who has recently been sexually assaulted or assaulted by an intimate partner.

- Victim Services
- Emergency and follow-up medical care
- Crisis emotional support
- Planning for safety for you and your family
- Testing and treatment for sexually transmitted infections and pregnancy
- Collection of evidence that could be used in a criminal investigation (or while a decision is made to report)
- Assessment for non-visible injury after strangulation
- Arrangements to talk to police, if you wish

Call the [Women's Health Care Centre](#) at **705-743-4132 or 1-800-419-3111** for info



# LGBTQ2S+

## Peer Support / Groups / Family Supports / Health Resources



Canadian Mental  
Health Association  
*Mental health for all*

Meet with a **Trans Peer Outreach worker** where we discuss and share resources on:

- Strategies to address challenges related to your gender identity
- Community resources and engagement opportunities
- Understanding gender identity and expression
- Tools for improving communication regarding your gender identity
- Strategies and information on transitioning
- Development of resources for navigating and accessing healthcare

**Must be residing within Haliburton, Kawartha Lakes, Peterborough and County area. Ages 16+**

Telephone: **705-748-6711 ext 2100**  
Email: [transpeeroutreach@cmhahkpr.ca](mailto:transpeeroutreach@cmhahkpr.ca)

**\*\*See List of services, groups, & events through CMHA:**  
<https://cmhahkpr.ca/programs-services/trans-peer-outreach/>

## Rainbow Youth Program

Through **PARN** (Peterborough)  
Website: <https://parn.ca/community-building/rainbow-youth/>

*Works to make LGBTQ2S+ youth feel safe, included, and empowered in Peterborough and the four counties. We give LGBTQ+ youth the space to be themselves and the tools to lead positive change in their schools, peer groups, and community.*

Hosts a weekly youth drop-in; youth ambassador program (the queeRadicals); community events (ie. Peterborough Pride); building partnerships with schools, GSAs, and organizations throughout the four counties.

Please contact Leah by email [leah@parn.ca](mailto:leah@parn.ca) to find out more.



pflagcanada.

*"Parents, Families, and Friends of Lesbians and Gays"*

Cobourg –  
Northumberland ON

**Contact:** Ashley Bouman

**t.** 1-888-530-6777 ext 569

**e.** [pflagcobourg@gmail.com](mailto:pflagcobourg@gmail.com)

**Meetings:** Trinity United  
Church 284 Division St.  
Cobourg

1st Thursday every month  
7:30-8:30 PM

**f.** Facebook

### Resource List:

<https://pflagcanada.ca/helpful-resources/>



## Crisis Lines



**Trans LifeLine**  
(Mon-Fri 1-9pm)  
1-877-330-6366  
[translifeline.org](http://translifeline.org)



**Call:** 1-800-268-9688

**Text:** 647-694-4275

**Live chat:** [www.youthline.ca](http://www.youthline.ca)

## Health Care / Health Information:

**Rainbow Health** ([rainbowhealthontario.ca](http://rainbowhealthontario.ca))

**Sherbourne Health** ([sherbourne.on.ca](http://sherbourne.on.ca))

**CAMH** ([Gender Identity Clinic](#)) 17+

**Sick Kids** ([Transgender Youth Clinic](#)) Youth under 17

**CHEO** ([Gender Diversity Clinic](#))

## Rainbow Health –

### Service Provider Map / Directory -

*Designed to help find health and social service providers who have expressed a commitment to providing competent and welcoming care to LGBTQ2S+ people in Ontario.*

<https://www.rainbowhealthontario.ca/lgbt2sq-health/service-provider-directory/>

**CMHA Durham NPLC**- Nurse Practitioner Led Clinic  
Transgender Medical Support & Mental Health Care  
(clients only, at this time) T: **905-436-8760**  
<https://cmhadurham.ca/wp-content/uploads/2018/07/NPLC-LGBTQ.pdf>

## Durham CHC - Gender Care

(Durham Region Only, 12+) T: **905-420-0333**

<https://www.durhamchc.ca/our-services/integrated-clinical-and-wellness-care/gender-care/>

**Talk to your Provider / Team at the**

**Community Health Centres of Northumberland**

# Indigenous Supports / Resources



## Alderville Health & Social Services

8467 45 Roseneath ON,  
K0K 2X0, P.O. Box 12  
T: 905-352-2140  
<https://alderville.ca>

## Community Centre

8913 45, Roseneath, ON K0K 2X0  
T: 905-352-2284

## NIIJKIWENDIDAA ANISHNAABEKWEWAG SERVICES CIRCLE

### Counselling & Healing Services for Indigenous Women & Their Families

Peterborough Office  
150 King Street, 3rd Floor  
Peterborough Ontario

Main Line: 705-741-0900  
Toll Free: 1-800-663-2696  
<http://www.niijki.com/services.html>



Indigenous Healthy Babies Healthy Children Support Program  
Indigenous Child Witness to Violence Support Program  
Indigenous Counselling for Women Support Program  
Indigenous Transitional Housing  
Indigenous Youth in Transition Support Program  
Training Opportunities

## Nogojiwanong Friendship Centre

Website: <https://www.nogofc.ca/>

### Location/Contact:

580 Cameron Street  
Peterborough, K9J 3Z5  
(705) 775-0387  
admin@nogofc.ca



### Downtown Location

159 King Street, Suite 300  
Peterborough

### Youth Location

725 Park St, S Peterborough

### Programs/Services:

- APATISIWIN EMPLOYMENT TRAINING PROGRAM
- CHILDREN & YOUTH
- HEALTHY LIVING
- HEALING & INTERVENTION
- CULTURAL CONNECTIONS
- LIFE LONG CARE: social dining & recreational opportunities; transportation (medical; banking; pharmacy); home visits; personal support worker services; security checks; Indigenous support

Hope for Wellness  
Helpline

24/7 Lines



### Hope for Wellness Help Line: 1-855-242-3310

Offers immediate mental health counselling and crisis

### National Indian Residential School Crisis Line: 1-866-925-4419

Offers support to former residential school students and those affected. Available 24 hours

### Talk4healing (for Indigenous women): 1-855-554-4325

Intervention to all Indigenous peoples across Canada. Phone and chat counselling is available in English, French, Cree, Ojibway and Inuktitut.

Youth mental health support available 24/7.

# Legal Assistance / Financial Assistance / System Navigation / Food Support



## Northumberland County: Community Outreach

555 Courthouse Road, Cobourg

T. **905-372-6846** or **1-800-354-7051** ext **2001**  
<https://www.northumberland.ca/>

### Financial Assistance Programs

- Ontario Works, Emergency supports for basic needs and shelter, Seniors with Fixed income

### Housing

- Shelter Benefit
- Subsidized Housing Application

### Child Care

- Childcare fee subsidy (qualifying parents/caregivers that are working, going to school, receiving OW or have child with special needs.
- EarlyON Child and Family Centres – free family programming
- LEAP program (education/job skills for young parent on OW)

### Other needs:

- Food, Clothing, Transportation, Unaffordable health needs (ie. dental, prescriptions, glasses)

## Ontario Disability Support Program: Peterborough ODSP Office

360 George Street North 2nd Floor, Peterborough

**Phone:** (705) 742-9292 | 1-800-663-8560  
[ODSP.Peterborough@ontario.ca](mailto:ODSP.Peterborough@ontario.ca)

**Info:** <https://www.ontario.ca/page/ontario-disability-support-program>

**Salvation Army Community & Family Services:**  
**HEALTH BANK PROGRAM**—Short-term assistance (prescriptions, dental, glasses, medical supplies, transportation, etc). To apply, call: **905-373-9440**

The Help & Legal Centre -Northumberland  
<https://thehelpandlegalcentre.ca/>

## The Legal Centre

Call: **1-800-850-7882** or **905-373-4464**

- Tenants' Rights (for tenants only)
- Ontario Disability Support Program; Ontario Works
- Canada Pension Plan
- Workplace Safety and Insurance Board; Employment Insurance; Employment Standards; Employment law, wrongful dismissal
- Ontario Human Rights Code
- Criminal Injuries Compensation
- Tax appeals
- Wills and Powers of Attorney
- Forms completion
- Seniors' law
- Consumer and mental health.

*\*\*Does NOT help with Real Estate, Family, Criminal, Highway Traffic or Small Claims Court.*

## The Help Centre

Call: **1-888-698-3382** or **905-372-2646**

- Community Volunteer Income Tax Program
- Intensive Housing Program
- Low-income Energy Program
- Money Management
- Ontario Electricity Support Program
- Outreach Program
- Partners in Learning
- Seniors Program
- Landlord Liaison
- RentSmart
- Advocacy
- Completion of Government forms
- Drop off location for translations
- Faxing, photocopying and use of phone



[www.211ontario.ca](http://www.211ontario.ca)

Call or Text: **211**

211 is a helpline and website, to help connect people to social services, programs and community supports



Call: **811** to connect to a registered nurse (24/7)

811 is a free, secure and confidential health care service available to all Ontarians.

<https://healthconnectontario.health.gov.on.ca/static/guest/related-articles/when-to-call-811/>



**1-866-531-2600**

Free and confidential health services information for people experiencing problems with alcohol and drugs, mental health and/or gambling. Available 24/7

## Food Help In Northumberland County

<https://foodhelpnorthumberland.cioc.ca/>

Online Access to Information about Food Banks, Free & Low Cost Meals, Community Gardens and Other Community Food Programs . Or call 211.

**CHCN Food Cupboard** 99 Toronto Rd Port Hope

**Open Thursdays from 9:30am – 12:30pm**

*Main floor Multipurpose Room. No appointments needed.*

**Community Food Market:**

**Open Thursday afternoon from 1pm-4pm**

*South Entrance of CHCN*



# Transportation



## Community Care Transportation

<https://commcare.ca/transportation/>

To register or book a ride,

Call: **1-866-768-7778**

- Accessible transportation
- Rural Transportation
- Volunteer Transportation

## Accessible WHEELS Transit System

For individuals of COBOURG who cannot utilize conventional transit (must have approved application from Town of Cobourg)

[Wheels Application Form](#)  
[Wheels Policy](#)

To book a ride, call Cobourg Transit Dispatch:  
**905-373-0582**

## ROLLS Specialized Bus Service

If you are a resident of PORT HOPE municipality with a disability (permanent or temporary), who is unable to board regular public transit, you may qualify to access ROLLS specialized bus service

### APPLICATION REQUIRED

Please call **905-885-9891** at least 24 hours in advance in order to book a ride. Bookings are scheduled on a first-come, first-served basis. You will need to provide the following information at the time of booking:

- Name
- Date and time of trip
- Pick-up address
- Destination and time you wish to arrive
- Pick-up time for your return trip
- If you will have someone with you
- If you use a wheelchair

Limited to Port Hope within the Urban area (and Northumberland Hills Hospital)

Monday to Friday from 7:00 a.m. to 8:00 p.m.  
Saturday from 9:00 a.m. to 4:00 p.m.

<https://www.porthope.ca/en/living-here/rolls-specialized-bus-service.aspx>

*\*Service is extended to Rural Area under pilot project (April, 2023) for medical trip destinations on Monday, Tuesday, Friday from 7:00am to 8:00pm and Saturday from 9:00am to 4:00pm. Service is provided by Community Care on Wednesday / Thursday*

## FILLING TRAVEL GAPS

A personal *pay-per-use* accessible transportation provider in and around Northumberland County

Visit: <https://fillingtravelgaps.ca/>

Call: **905-207-0215**

## Port Hope Public Transit:

Up to date info at:

<https://www.porthope.ca/en/living-here/transit.aspx>

### Port Hope Taxi:

Ganaraska Taxi: 289-829-3636

Port Hope-Cobourg Taxi: 905-885-7264

## Cobourg Public Transit:

Up to date info at:

<https://www.cobourg.ca/en/parks-recreation-community/public-transit.aspx>

### Cobourg Rides *On-Demand*

Book a RIDE online or call: **905-373-0582**

### Cobourg Taxis:

Cobourg Cab: 905-373-9449

King Taxi: Phone: 905-373-2993



## OTHER RESOURCES – not included above that may be useful for quick reference

### John Howard Society Peterborough

305 Stewart Street  
Peterborough, Ontario K9J 3N2  
T: 705.743.8331  
E: [jhsptbo@jhsptbo.com](mailto:jhsptbo@jhsptbo.com)  
<https://johnhoward.on.ca/peterborough>

Through evidence-based prevention, intervention and re-integration programs, we foster resilience and safety in individuals, their relationships, and their communities. We help youth and adults develop the critical life skills necessary to make choices that are more respectful of themselves and those around them. We support families with resources to better navigate the challenges of parenting and everyday life. For those leaving incarceration, we provide reintegration supports that reduce their risk of re-offending.

**Groups:** Anger Management, Partner Assault Response, Caring Dads, Institutional Services. Youth Diversion/court support/justice committee/school suspension. Community Mediation



150 King St, 4<sup>th</sup> floor, Peterborough  
<https://efryptbo.org/>  
Call: 705-749-6809 / 1-800-820-7384

Gender-responsive community supports for people who have been or are at risk of being criminalized, while advocating for broader social change to prevent/provide alternative to incarceration.  
Peer programs, housing programs, Justice Programs, community programs

### Cobourg Odd Fellows—Medical Equipment Loans

*Walkers, commodes, raised toilet seats, crutches, bath seats, wheelchairs, bed rails. No beds or electronics.*  
412 Victoria St. Cobourg T: 905-372-2571  
Tue, Thu 10am-2pm

**Campbellford Odd Fellows** \*plus hospital beds as available  
240 Victoria St. T: 705-653-1970  
On Mondays 2pm -4pm, Wednesdays 10am-12pm.



1005 Burnham Street, Cobourg, ON

If you have any concerns about a child please call **1-800-267-0570**

- Reporting concerns for abuse or neglect
- Youth programs
- Parenting programs
- Adoption/Fostering



New Canadian Centre <https://nccpeterborough.ca/>

600 William Street Cobourg,  
Phone: 705-761-3174  
Email: [info@nccpeterborough.ca](mailto:info@nccpeterborough.ca)

Community connections, employment support,  
English learning, Immigration & settlement, support



200 Rose Glen Rd, Port Hope  
**1-866-888-4577**

### HKPR programs (relating to mental health):

- Healthy Babies Healthy Children
- Healthy Families Feeding and Nutrition Clinic
- Breastfeeding Support
- Prenatal Programs
- Nurse-Family Partnership
- Sexual Health Clinics
- Needle Exchange Program

### OTHER LINKS:

- [Ontario 211 – Mental Health / Addictions Services](#)
- [Ontario 211 – Community Mental Health Centres](#)
- [Depression Hurts](#)
- [Mind Your Mind](#)
- [Children's Mental Health Ontario](#)
- [School Mental Health Ontario](#)

**Pet Food Bank—** two-week supply of pet food to help Northumberland residents through difficult times.

Call **905-885-4131** 2363 Theatre Rd. Cobourg <https://northumberlandhs.com/services/#petfood>

### East Region VIRTUAL CARE CLINIC

**Nurse Practitioner-led virtual care clinic** that works with local health care providers to ensure patients can access more timely care. Serving patients within Ontario Health East region who are experiencing an urgent medical condition

**Hours:** Open 1:00pm - 9:00pm 7 Days a Week

**Website:** <https://www.virtualcareontario.ca/>

Register ONLINE or call **1-888-684-1999**

NOT for Emergencies. But they work with hospitals to refer patients to their local Emergency Department if needed, and provide information on Health811 for patients seeking a primary care provider

- Patients with new or persistent cough, fever, rash or other similar symptoms
- Patients with imminent concerns but are not life or limb threatening
- Patients with or without a primary care provider

**Colborne Rural Outreach Clinic** If you do not have a local primary care provider and need an visit, call to book with a nurse practitioner: **289-265-0505** \*Services are by appointment only  
Location: **34 Victoria St, Colborne** <https://www.northumberland.ca/en/ohn/colborne-rural-outreach-clinic.aspx>

## Past Version Changes:

### December, 2023

- Nov 30/23 - Four County Crisis, rebranding as Integrated Crisis Intervention Services. Crisis line number replaced with National Suicide Helpline: 9-8-8. 4CC number will remain in service for calls re: Safe Beds, After-Hours Housing, Brief Intervention Service Referrals (705-745-6484)
  - 9-8-8 has also replaced Crisis Services Canada (1-833-456-4566)
- THRIVE Northumberland – not currently running. Cornerstone Family Violence Prevention Centre is continuing 24/7 support line and drop-in services on Monday mornings
- Removal of Anishnaabe Kwewag Gamig Alderville Women's Shelter (March 2024)
- Addition of Virtual Care Clinic (for folks without access to primary care for urgent, non-emergency needs)
- Added page for Family Support (when family member lives with mental illness or addiction)

### January, 2024

- ONTX text and chat program will cease operations on January 30th, 2024—removed
- Trans LifeLine – change in hours for 2024

### July, 2024

- Removal of Online resource **Wellness Together Canada** ([www.wellnesstogether.ca](http://www.wellnesstogether.ca))- the Government of Canada has transitioned away from Wellness Together Canada as of April 3, 2024.
- Mood Disorders Association is now **Hope +Me**.
- Removal of **Commuter Connect** (Pilot Project Ended Aug 2/24)
- NHH—updated logo. Added Tell Talks.
- Added Bounceback; Caregiving Strategies (RGPs of Ontario); Durham CHC Gender Care (Durham only); WHEELS Transit; ROLLS Rural Pilot info; Regesh Child & Family Centre; Colborne Rural Outreach Clinic for unattached patients; HKPR Opioid overdose report; Wrap around for older adults—Community Care; Alzheimers Society; NHH CMH Homelessness Resource Drop In info; Oddfellows info; Ontario HealthAtHome, Salvation Army Health Bank, Ed's House Grief & Bereavement Groups